



# AYP LEADERSHIP ACADEMY

THURSDAY, SEPTEMBER 28 // 8:00 A.M. – 3:00 P.M.

The ASPE Young Professionals Leadership Academy is an invaluable learning and networking experience at the 2023 ASPE Tech Symposium.

## Morning Session: The Positive & Professional Workplace Environment

This session will help you see your part in creating an excellent workplace. You will leave this session with practical skills that promote healthy, authentic, and respectful work relationships.

- Learn key adaptive and emotional IQ skills for building trust and respect
- Master the art of building relationships while giving challenging feedback
- Discover the 5 healthy ways to deal with workplace triangulation and negativity

## Afternoon Session: Behavior Styles & Appreciating Our Differences

This fun and interactive session will explore the four spectrums of human behavior and reveal how you can use Behavior Styles Theory, combined with a growth mindset, to increase your own self-awareness to build trust and respect.

- Gain an appreciation for your own behavior style (why you're so awesome)
- Recognize signs of stress and burnout by noticing an individual's behavior style
- Choose 3 custom-fit growth opportunities you can begin practicing right away

### Presented by: Andy Thompson



A member of Nash Consulting, Andy's training and practice as a family therapist give him keen insight into human interactions and individual growth, and he applies this insight to help individuals and organizations thrive.

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